VANCOUVER metro®

## Real estate as hot as ever

High-end Vancouver property sales spiked in the first half of the year PAGE 3

## It's ... time for you to go

Five signs that cashing in those vacation days is probably a good idea PAGE 12

## YOU HAVE TO CRAWL BEFORE YOU HAWKE

MOVIE MADE OVER 12 YEARS TO CAPTURE THE DEVELOPMENT OF ITS YOUNG CO-STAR PAGE 10

# Mysterious bike thief makes amends

**Prince George.** Boy's bicycle returned with a note of apology

THANDI FLETCHER
thandi.fletcher@metronews.ca

A Prince George boy is beaming after his bike was returned with an apologetic note, two days after an anonymous thief took it for a drunken Canada Joyride.

The Haslett family was getting ready for their regular evening bike ride last Tuesday when nine-year-old Josiah realized with a sinking heart that his bike was gone.

"He kind of looked pale and a little bit shaken, and he said, 'I can't find my bike,'" mom Lisa Haslett told Metro.

When the family realized the bike must have been stolen, Haslett said her son, who rode his bike every day to visit friends, was devastated.

"He was really upset," she said. "He's never had anything taken from him before."

The family decided to put the incident behind them. Then, two days later, Haslett was stunned when a family friend saw a photo in her Facebook news feed of a child's red bike spotted in Prince George, with a large sign on it.

DEAR LITTLE BOY OR GIRL,
FIRST AND FOREMOST, I AM SORRY FOR ANY GRIEF I HAVE CAUSED IN THE LAST COUPLE OF DAYS. BUT I AM NOW TRYING TO RETURN YOUR BIKE TO THE PROPER HOME WHERE IT BELONGS.
YOU SEE, I STOLE YOUR BIKE THE OTHER NIGHT PURELY OUT OF SELFISH CONVENIANCE AND DUE TO MY STATE OF INEBRIATION I CANNOT RECALL EXACTLY WHICH HOUSE IT WAS IN THE VICINITY OF THIS NEIGHBORHOOD.
I THINK THE LESSON TO BE LEARNED HERE IS THAT YOU SHOULD NEVER LEAVE YOUR BIKE OUT IN PLAIN VIEW WHERE DRUNKEN FOOLS LIKE MYSELF CAN EASILY SNATCH IT FOR A QUICK (AND SURPRISINGLY FUN) RIDE HOME.
SINCERELY, ANONYMOUS BIKE THIEF

An anonymous thief placed a note on a children's bike they stole on Canada Day in an attempt to return the bike to its rightful owner. FACEBOOK

The sign contained a humorous note, signed by an "anonymous bike thief," in which the writer explained the reason for the theft.

"You see, I stole your bike the other night purely out of selfish convenience," the thief wrote, "and due to my state of inebriation I cannot recall exactly which house it was in the vicinity of this neighbourhood."

The writer went on to jokingly blame the bike's owner for leaving the bike "out in plain view where drunken fools like myself can easily snatch it for a quick (and surprisingly fun) ride home."

Shocked that the bike had been found, Haslett decided to post the photo in the "Hell Yeah Prince George!" Facebook page, asking if anyone had seen the bike.

Within seconds, she had several responses and found the bike untouched at a nearby elementary school.

The efforts of the anonymous thief to return the bike to its rightful owner stunned Haslett. While she appreciated the thief's humour, Haslett said she did want the individual to realize his or her actions had left her son heartbroken for a couple of days.

She decided to attach her own note in response.

"Thank you for your attempt at making it right," the note read, signed "a soon-to-be happy boy's mama."

Whether the thief read her response or not, Haslett said her son has definitely learned his lesson to never leave his bike in plain view again.

"Last night he went straight to the shed," she said with a laugh.

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Most museums in London have free admission! Some are closed on certain days however, so be sure to double check their schedules before making plans. EXPERT TIP

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Sky Pilot Mountain

## Maple Ridge man dies in fall from Squamish mountain

Crews have recovered the body of a man who fell to his death on a mountain near Squamish on Saturday.

The man from Maple Ridge, believed to be about 25 years old, was hiking on Sky Pilot Mountain with two friends when he fell around 2:30 p.m., said Insp. Davy Lee, regional duty officer for B.C. RCMP.

RCMP recovered the body by helicopter on Monday after earlier attempts were hampered by wet and cloudy weather on Sunday, said Lee.

"This is a very treacherous area," he said.

The man is believed to have used the Sea to Sky Gondola to access the mountain before venturing into the back country, said Trevor Dunn, co-founder and general manager of the gondola.

Dunn said the man fell in a popular but challenging climbing area located about six kilometres out of bounds from the top of the gondola.

"It's an alpine environment that can be dangerous," said Dunn. "That's usually why we recommend going with a guide so they can help assess skill level and then make sure that you're prepared for what's ahead."

As well as being a high-risk climbing area, Dunn said weather conditions can also change very rapidly. On Saturday, he said the weather was rainy at the top of the gondola.

THANDI FLETCHER/METRO

## Lawyers protest underfunded legal aid in British Columbia

Members of the Trial Lawyers Association of B.C. stand outside the Provincial Court in Vancouver Monday. The lawyers have withdrawn services as they protest underfunded legal aid in the province. THANDI FLETCHER/METRO

# High-end real estate still sizzling in the city

**In demand.** In the first half of 2014, more than 1,600 properties sold for prices of $1 million or more

MATT KIELTYKA
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Vancouver has sold more million-dollar condos than any other Canadian city so far this year and demand for single-family homes is higher than ever.

Property sales more than $1 million increased by 34 per cent in the first six months of the year in Vancouver (compared to the same time period in 2013), according to the latest top-tier real estate report from Sotheby's, released Tuesday.

"Whether you're a buyer or a seller, I would just say there is a lot of confidence in the market," said Ross McCredie, president and CEO of Sotheby's International Realty Canada.

In the first half of 2014 alone, 1,006 properties sold between $1 million and $2 million, 530 between $2 million and $4 million, and 128 sold for $4 million or more.

Single-family homes made up nearly 80 per cent of those sales, much to sellers' delight.

Of the 714 single-family homes sold in the $1-million-to-$2-million range between Jan. 1 and June 30, 30 per cent sold above the list price.

"When it comes to single-family homes in Vancouver, the demand is higher than I've ever seen before," McCredie said.

A combination of limited land, increased immigration and house lots being converted into townhouses and other multi-family developments are driving up the demand and prices for single-family homes.

Vancouver's condo culture is also thriving, at least for developers and real estate agents.

There were 193 condos sold in the $1-million-to-$2-million range (a 47 per cent increase over 2013), 41 in the $2-million-to-$4 million range and nine sold at more than $4 million in the first six months of 2014.

The 243 condos that sold at more than $1 million in Vancouver outpace the 190 sold in the Greater Toronto Area, despite its greater population.

In contrast, there were just 15 $1-million-plus condominiums total sold in Calgary and 24 in Montreal.

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## COPE. Party prepares to pass power to the people who rent, in city election

Vancouver's left-wing civic party COPE wants to ensure its executive represents the majority of the city's residents: namely, renters.

Only one of the 16 people elected to the party's new executive board on Sunday is a homeowner, ensuring renters have a voice in the party as it prepares to run a mayoral candidate and a majority slate in the November election, COPE announced Monday.

About 51.5 per cent of Vancouverites rent, according to the 2011 census National Household Survey.

The party is also positioning itself as the "people's party" (it does not accept funding from developers) with a diverse board that includes a majority of women, four indigenous members and community activists. Tim Louis (the sole homeowner) and Heather Gies were elected as party co-chairs.

COPE members also voted Sunday to adopt the 2014 election platform, which includes the creation of a housing authority that would create social and affordable housing by instituting a luxury housing tax and taxing real estate developers.

It's different than the housing agency city hall plans to approve this week because it would actually own the units and be run by tenants, COPE executive director Sean Antrim said. It would focus on building 800 units per year that rent at the shelter rate of $375 per month, in order to lessen the incidence of homelessness.

While COPE originally planned to announce its candidates in June, Antrim said that has been delayed until early September because there has been interest from young and new nominees.

EMILY JACKSON/METRO

**Only the best**

**The NPA, another rival of dominant party Vision Vancouver, has also delayed announcing its candidates.**

# Former Surrey mayor Doug McCallum to run this fall

Doug McCallum announced Monday he is running for mayor. TWITTER

**'The time for action is now.'** Opponent says city needs to move forward, not backward

EMILY JACKSON
emily.jackson@metronews.ca

Doug McCallum wants his job back.

The former mayor of Surrey announced Monday he intends to run again for office this fall on a platform of reducing crime and debt, building transit and creating a ward system.

"People are feeling unsafe in their neighbourhoods, spending and debt is out of control, transit services are severely lacking and a ward system that would help cultural and regional representation on city council has never been seriously considered," McCallum said in a statement. "The time for action is now."

McCallum cited the city's spike in homicides in 2013, a 40 per cent increase in debt between 2012 and 2013, an expected population increase to 750,000 in the next decade and a lack of representation for the city's ethnic community as "glaring problems."

"I am motivated to offer immediate solutions that will give the people of Surrey a clear idea of the different candidates and our priorities, approaches and ability to make an impact," McCallum said.

McCallum served three terms as mayor starting in 1996, but was defeated by popular Mayor Dianne Watts under the newly created Surrey First party in the 2005 election.

Watts is stepping down after three terms. She has endorsed Surrey First Coun. Linda Hepner, who has also sat on council since 2005, to run in her place.

Surrey First was quick to issue a statement saying the city would "go backwards" under McCallum's leadership.

# B.C. town to build Western Canada's largest solar farm

**Harnessing the sun.** Facility in the town of Kimberley will generate enough electricity to power 185 homes

THANDI FLETCHER
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A town in B.C.'s East Kootenay region is cashing in on its record-setting sunny weather as it prepares to become home to Canada's largest solar farm, west of Ontario.

Kimberley, B.C., broke ground Monday on the $5.3 million SunMine project, which will be Canada's first municipality-owned and operated solar farm when it starts operating in January. The facility will also be the first solar farm in the province to sell power to the B.C. Hydro grid.

As the largest Canadian solar farm outside of Ontario, the facility, which will generate enough electricity to power 185 homes, will have more than 4,000 solar-cell modules mounted on 96 solar trackers, to maximize exposure as the sun moves throughout the day.

"The neat thing about this is that the panels will actually track the sun," said said Scott Sommerville, chief administrative officer for the town.

A 2011 referendum found residents to be in support of the project, with 76 per cent voting in favour of the city borrowing $2 million for its construction. The town expects the project to pay off the loan within 20 years.

Supported by the Teck mining company, SunMine is being built on a site that was once home to the former Teck Sullivan mine, which shut down in 2001 after nearly 100 years of operation.

Sommerville said building a solar farm on the land, which was previously unused, signals a fresh direction for Kimberley's future. Known for its Bavarian theme and as former host of the annual International Old Time Accordion Championships, Kimberley is in the process of rebranding itself as an alpine ski town, he said.

"We're kind of trying to create our own destiny," he said. "It is a new chapter for Kimberley."

The City of Kimberley, B.C. has started construction on Western Canada's largest solar power plant. CONTRIBUTED

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**Smuggling still illegal**

## Pot shops to open in Washington state

Lower Mainland residents can add another item beside cheap gas and cheese to their cross-border shopping list: marijuana.

Two marijuana shops are slated to open in Bellingham on Tuesday, as Washington permits stores to legally sell marijuana to people 21 and older without medical conditions for the first time. But don't try to take the drugs across the border.

Guards on both sides of the border are reminding anyone planning a crossing that it remains illegal under federal laws to possess any amount of marijuana.

"Travellers should be aware that even if they have purchased marijuana legally in Washington state, it is still a crime to transport it across the border," CBSA spokeswoman Stefanie Wudel wrote in an email.

Smuggling drugs into Canada can have very serious consequences, including charges, vehicle seizure, fines and a record with CBSA. If caught, a person may become ineligible for NEXUS or CANPASS.

The same goes on the American side of the border, U.S. Customs and Border Protection spokesman Mike Milne said in a statement. EMILY JACKSON/METRO

**Abbotsford police**

## Youth conflict sparks public safety warning

A recent spate of vandalism connected to a conflict between two groups of young men in Abbotsford has police worried about the safety of residents in an area of the city.

Abbotsford Police said that since May 11, there have been more than 25 reported incidents of conflict between the two groups of youths, mostly made up of young men between the ages of 15 and 25, in the West Abbotsford neighbourhood.

While there have been some face-to-face confrontations, the majority of incidents involved vandalism against homes or vehicles connected to participants in the conflict, police said.

The vandalism has resulted in thousands of dollars of damage, and police said they are "extremely concerned" the conflict will result in injuries to people either directly involved in the dispute or their friends and family.

Officers with the Major Crime Unit are investigating the conflicts.

Anyone who sees suspicious activity in West Abbotsford is asked to call Abbotsford Police at 604-859-5225 or Crime Stoppers at 1-800-222-8477. THANDI FLETCHER/METRO

# More than 60 escape Boko Haram's grip

**Nigeria.** Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no male individuals were abducted with them.

THE ASSOCIATED PRESS

## In case of bulls, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend.

Scan the photo with your Metro News App to see more photos from the run.

ANDRES KUDACKI/THE ASSOCIATED PRESS

**Bill C-36**

## Hearings begin for Tory draft law on prostitution

Manitoba's attorney general is calling on the Harper government to amend its new prostitution bill and remove a section that still criminalizes some acts of actual prostitution.

Attorney General Andrew Swan says removing one section of the bill that still makes everyone guilty if they communicate to purchase sex in a public place would make the legislation much more impervious to a court challenge.

Earlier Monday, Justice Minister Peter MacKay told a Commons committee that he fully expects the bill will be challenged again at the Supreme Court of Canada.

MacKay refused to say what parts of the bill are most vulnerable as he opened a marathon round of hearings by the House of Commons justice committee on the Harper government's new prostitution bill. THE CANADIAN PRESS

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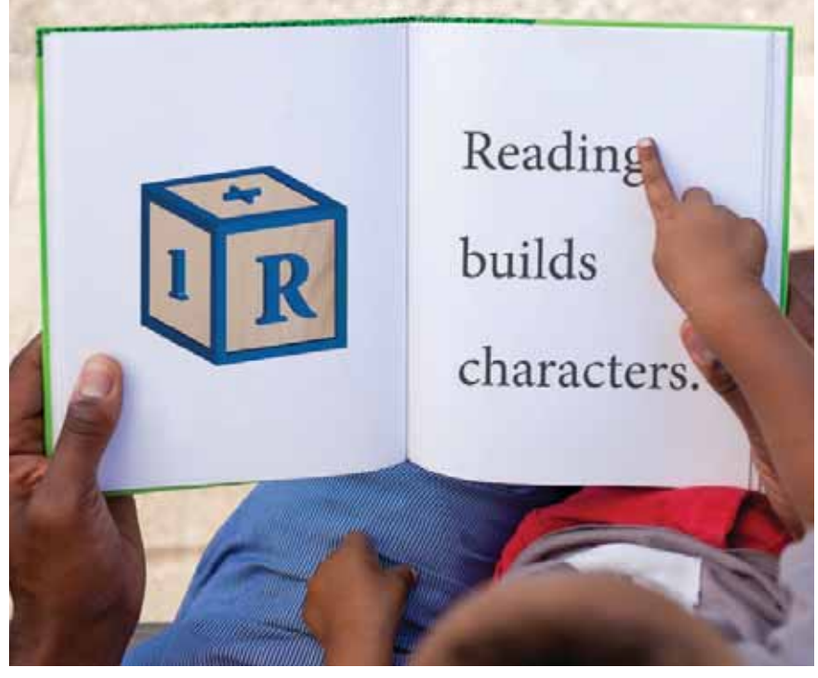

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# The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore
THE CANADIAN PRESS

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.

"This set-aside represents over half of the AWS-3 spectrum being made available and is the largest single block ever reserved for new entrants in Canada," Industry Minister James Moore said Monday at a Toronto news conference.

Industry Canada will set aside 30 megahertz of the 50 MHz of available spectrum for the newer companies. The spectrum up for sale can carry high-speed Internet video over the airwaves and penetrate buildings, much like the 700 MHz frequencies that were auctioned off earlier this year for about $5.27 billion.

Details of the ground rules for the AWS-3 auction, which will be in addition to a previously announced auction of less desirable 2500 MHz spectrum in April, will be worked out over the coming weeks, Moore said.

"The rules for this auction, consistent with the ones for the 700 MHz and 2500 MHz auctions, will encourage more competition in the wireless market while ensuring the interest of consumers first," the minister told a news conference.

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell. However, so far, none of the smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three.

"We have seen this story before and it has not resulted in success for the new entrants," Canaccord Genuity analyst Dvai Ghose wrote in a commentary.

Ghose wrote that 40 MHz of AWS spectrum was reserved for new entrants in the 2008 auction that opened the door for a new generation of carriers, but he noted Public Mobile has been since sold to Telus, Mobilicity is under court protection from creditors and Wind Mobile's largest shareholder, VimpelCom, has said it won't provide more funds.

THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 93.66¢ (-0.18¢)

**TSX** 15,172.93 (-42.03)

**OIL** $103.53 US (-$0.53)

**GOLD** $1,317 US (-$3.60)

**Natural gas:** $4.23 US (-$0.11)
**Dow Jones:** 17,024.21 (-44.05)

Earlier this month Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. TED S. WARREN/THE ASSOCIATED PRESS

# U.S. shops 'stoked' to start selling pot

**Rolling in the green?**
Washington state issues its first recreational marijuana shop licences to 24 stores

Washington state issued its first retail marijuana licences Monday with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and 10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

The issuance of the retail licences marked a major step that's been 20 months in the making. Washington and Colorado stunned much of the world by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing the pot.

Sales began in Colorado on Jan. 1. THE ASSOCIATED PRESS

**Sparks excitement**

**"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."**

**Alison Holcomb,** the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana


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# HOME IS WHERE THE HARD IS

SHE SAYS

**Jessica Napier**
metronews.ca

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record $63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.

Like the rest of Canadians under the influence of this so-called HGTV effect, I, too, am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't such a terribly long and expensive headache.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget anymore as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

**Tough reno**

**I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.**

## HEAVY RAINS IN MUMBAI

A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

### Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

**1. Live the high life.** Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

**2. Don't cook.** The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

**3. Stay home.** If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

**4. Put plastic on everything.** Even the best-built slum homes can leak, so people tend to try to waterproof everything.

**5. Keep the power off.** To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. BLOGS.WSJ.COM

**METRO AUGMENTED REALITY**

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*In this issue, you can find AR enhancements on page 6 in News, page 10 in Scene and page 14 in Sports*

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

**MetroTube**

## The leak that wasn't

ANDREW FIFIELD
andrew.fifield@metronews.ca

**All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.**

**Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)**

SCREENGRAB

metro

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SCENE 2

DVD review

## Bad Words

**Director.** Jason Bateman

**Stars.** Jason Bateman, Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This stinging comedy about a hateful adult crashing a kids' spelling bee is the feature directing debut of actor Jason Bateman, who also stars. Bateman's Guy Trilby is the most sexist, racist, homophobic, profane and unscrupulous spelling bee participant you could possibly imagine. Trilby is also 40 years old, which makes him a serious anomaly amongst the grade school kids he's competing against. By exploiting a loophole, he's out to win the National Quilt Spelling Bee, much to the consternation of the administrator (Allison Janney) and an elder statesman (Philip Baker Hall). Almost unrelenting in its takedown both of an American institution and the country's obsession with victories big and small, Bad Words is more misanthropic fantasy than satiric fiction.

PETER HOWELL

## Nymphomaniac Vol. 1 & 2

**Director.** Lars von Trier

**Stars.** Shia LaBeouf

Danish provocateur Lars von Trier sells Nymphomaniac as a randy celebrity romp: Charlotte Gainsbourg, Shia LaBeouf, Stellan Skarsgård, Uma Thurman and others getting up to very naughty things. This reductive approach really doesn't do justice to a complicated work — spanning two volumes, four hours and eight chapters — that asks serious questions about how women are viewed and treated in a male-dominated world. It makes you wonder how much von Trier understands his own film.

PETER HOWELL

# Ethan Hawke reflects on percolating project

**Boyhood.** Actor spent a dozen years working with director Richard Linklater to create latest film

NED EHRBAR
Metro World News in Hollywood

Boyhood opens in select theatres this summer. CONTRIBUTED

Ethan Hawke has been waiting a long, long time to talk about his new film, Boyhood. Directed by regular collaborator Richard Linklater, the film was made a month at a time over the course of 12 years to chronicle the development of a boy (Ellar Coltrane) from ages five to 18 and his parents (Hawke and Patricia Arquette).

**When was it OK to start talking openly about this project?**
You know, it's strange because the way the Internet has exploded through the course of making the movie, that became a kind of dialogue. Last year when Rick and I were doing the release of Before Midnight, people really started asking us a lot about it for the first time. And for a long time, even if it would be on IMDb or something, it didn't really make people's radar. It was hard for people to even understand what we were up to, and we certainly didn't want to talk too much about it before it was real. The truth is we really tried not to talk about it, but sometimes it was impossible. I would get too excited and I have a blabbermouth anyway.

**Keeping a level of filmmaking consistency over 12 years seems rather daunting.**
It's an overused word, but Rick really had a vision. Most movies are sprints and just require an immediate kind of discipline, but this movie required real patience. Rarely in film do you have that kind of gestation process. Rick was kind of born a fully developed filmmaker. I mean, Dazed and Confused was his second film and it's an incredibly well-made film. He hasn't changed much, so I don't think it was hard for him to maintain a continuity of style and approach over 12 years. It's just who he is.

**At this point, how much of your life has been spent being directed by Richard Linklater?**
It's funny, you know, I've made eight films with Rick, so I've spent a large chunk of my life on film sets with him. And if you add up all the promotion and all the rehearsal, it starts to be a huge chunk of my life. And I just can't think of any better way to spend it. I don't know how to say these things so they don't come out the wrong way, but Linklater has a specific kind of ethos to his films that I'm really happy to be a part of. So many movies, even if they're really entertaining and exciting and thrilling and everything, they leave you kind of feeling badly about your own life — like why you're not a superhero or why you don't ever get to meet blue aliens. Even being on the Titanic seems exciting! And our lives seem so full of so much minutiae and seem so much less than your average CIA narrative. But Rick seems to be satisfied with life as it is, and he doesn't feel the need to hyperbolize life.

**It's odd that we don't see a lot of weekend dads in movies, despite how normal it is.**
Yeah, it's funny how common the situation is and how rarely we see it reflected in stories, you know? We see very dramatic portraits of terrible parents or stereotypical good parents, but you don't really see them both at the same time very often — you know, parents struggling to be good parents and failing sometimes and succeeding other times, much like our own parents and much like ourselves. I don't know, it feels like a privilege.

**AUGMENTED REALITY**

→ Scan this photo with your Metro News app to watch the trailer for Boyhood, and just try not being moved.

metro AR → See the full instructions on Metro's Voices page.

## Gone Girl. Just released movie posters offer some 'clues' to new Affleck flick

The posters are out for David Fincher's forthcoming thriller, Gone Girl, which stars Ben Affleck as a husband whose wife has gone missing. Each one shows an object apparently linked to Amy's disappearance.

The four posters show four items enclosed in police evidence bags: a box cutter, a bra, a burned note and a photo. All of these clues, which are pictured under the ironic tagline "Happy Anniversary," should help the police to track down Amy.

Nick (Ben Affleck) and his wife, Amy (Rosamund Pike), appear to be a perfect couple. After Nick loses his job in New York, the family leaves the city to settle in the small Missouri town where Nick grew up. On the day of their fifth wedding anniversary, he finds his house in disarray and his wife missing. The film opens Oct. 3. AFP

**Solange** ALL PHOTOS GETTY IMAGES

# Solange comes clean about Knowles family drama ... sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Joan Rivers can dish it, but she can't take it*

LISA WEIDENFELD
Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.

Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

# Zac's new relationship is fast and furious

It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with … Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

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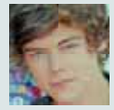

**@Harry_Styles**
Sooooo... The weather?

**@samantharonson**
At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.

**@katyperry**
Social media: a great place to start your psycho-analysis on someone!

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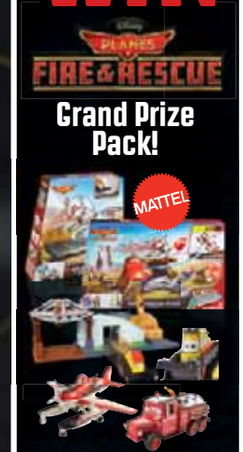


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One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

# The vacation fairy is calling

Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

## Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes and ears send information to the amygdala, responsible for emotional processing, which then sends a distress signal to the hypothalamus, the command centre, which then communicates with the rest of the body via the nervous system. Blood is re-routed to organs, and away from the brain. "If you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to access full mental capacity," says stress coach Dr. Cynthia Ackrill.

## You have dry, yellow-y skin

"The moment your body senses danger the narrowing of blood vessels occurs. Arteries and veins constrict to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher.

But you don't need nice skin to survive, right? Precisely why it's the last area that's going to get blood: "The skin is not just a cover, it's a living organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

## You feel fat

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system will spiral: "Cortisol is a stress hormone. It has the power to make your system race or slow. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure goes up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol slows everything back down. Because if it doesn't, you won't cope."

## You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co2). This build up of Co2 is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher.

The obvious solution? Exhale, says Ackrill.

"By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down."

## Your digestive system is slow

"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says.

This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!

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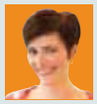
## There's more to potassium than bananas



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar. Plus, citrus can swing both ways from sweet to savoury.

It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt =362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Citrus is the new salsa kid on the savoury block — really

THERESA ALBERT
myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

**This recipe serves two.** COURTESY THERESA ALBERT

**Ingredients**

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

**1.** Toss together orange, lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to meld the flavours.

**2.** Pre-heat a pan over medium heat for 2 minutes. Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

**3.** Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip once. Serve with citrus salsa.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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# McCann survives his white-water welcome

**NHL.** Canucks first-round pick and other prospects hit the ice for development camp

CAM TUCKER
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Jared McCann posted 62 points in 64 games last season with the Sault Ste. Marie Greyhounds. TERRY WILSON/OHL IMAGES

So, Jared McCann, it's your first time in British Columbia. How about some white-water rafting?

McCann, the 24th overall selection of the Vancouver Canucks in June's NHL Draft, and other prospects were up in Whistler over the weekend for the start of development camp, and yes, there was a white-water rafting expedition.

Sounds fun, right?

The 18-year-old McCann, born in Stratford, Ont., admitted he was scared, well, you-know-what-less.

"Big waves were coming up. I was just like, 'I'm done,'" he conceded with a smile Monday, after a skate at UBC.

McCann's start with the Canucks got off to something of a rocky beginning, when, after being selected by Vancouver, he dropped an, "It is what it is" remark to James Duthie of TSN.

"I apologize to everybody who took it the wrong way. That's not the kind of kid I am," said McCann.

"I'm very excited to be a Vancouver Canuck and I want to be with this organization."

McCann is coming off his second season with the Sault Ste. Marie Greyhounds in the OHL. His offensive numbers: 27 goals and 62 points in 64 games.

He was ranked 10th among North American skaters by NHL Central Scouting, but fell to 24th in the draft.

General manager Jim Benning, who lauded McCann for being a two-way centre with speed and a quick release on his shot, said he's had two or three calls from other general managers, expressing interest in McCann.

"Those conversations didn't last very long," said Benning.

Listed at six feet tall, he says he now weighs about 185 pounds but could see himself filling out to about 200 pounds and still being an effective player, without losing the gift of speed.

When it comes to an NHL roster spot, McCann is very likely a few years away. He celebrated his 18th birthday only in May.

The Canucks already have four NHL-proven centres on their roster, and former first-round draft picks and centres Bo Horvat and Brendan Gaunce in the system. So, there's competition amongst young players.

"No matter what, you have to go in and you want to stay," said McCann.

**Tennis**

## Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high as she moved up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a big jump, surging from No. 94 to No. 33 in the men's doubles rankings.

Bouchard, from Westmount, Que., made the jump after advancing to Saturday's Wimbledon women's final, where she fell 6-3, 6-0 to Petra Kvitova.

On the men's side, Raonic, from Thornhill, Ont., reached the first Grand Slam semifinal of his career, where he fell 6-4, 6-4, 6-4 to Roger Federer.

THE CANADIAN PRESS

**MLS**

## Yedlin still a Sounder ... for now

DeAndre Yedlin has rejoined the Seattle Sounders amid reports that a move to Europe is on the horizon following his impressive performance for the United States in the World Cup.

Yedlin took part in training Monday and is expected to be available for both of Seattle's matches this week against rival Portland — first in the U.S. Open Cup on Wednesday and then in MLS play Sunday. THE ASSOCIATED PRESS

## Kittel makes it 2 out of 3

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for more photos from the Tour de France. DOUG PENSINGER/GETTY IMAGES

# Neymar injury. Colombia player who kneed Brazil star off the hook: FIFA

Neymar is tended to after suffering a fractured vertebra on Friday in Brazil's match against Colombia. EITAN ABRAMOVICH/AFP/GETTY IMAGES

FIFA will not take action against the Colombia player who injured Neymar and ended the Brazil star's World Cup.

FIFA said its disciplinary panel "cannot consider this matter" under the rules because the match referee saw the challenge by Juan Camilo Zuniga and judged it at the time.

"In this specific case, no retrospective action can be taken," FIFA said in a statement on Monday, because the incident "did not escape the match officials' attention."

Neymar will be sidelined for about 45 days after sustaining a fractured third vertebra.

The panel studied video of Zuniga's 86th-minute challenge, where he kneed Neymar in the back when jumping into him at speed. Zuniga apologized on Saturday.

THE ASSOCIATED PRESS

## AUGMENTED REALITY

**Stuck on 14 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

metro AR

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

### ♉ Taurus
**April 21 - May 21**
The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

### ♊ Gemini
**May 22 - June 21**
It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

### ♋ Cancer
**June 22 - July 23**
It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

### ♌ Leo
**July 24 - Aug. 23**
The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK – you don't have to.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

### ♎ Libra
**Sept. 24 - Oct. 23**
You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

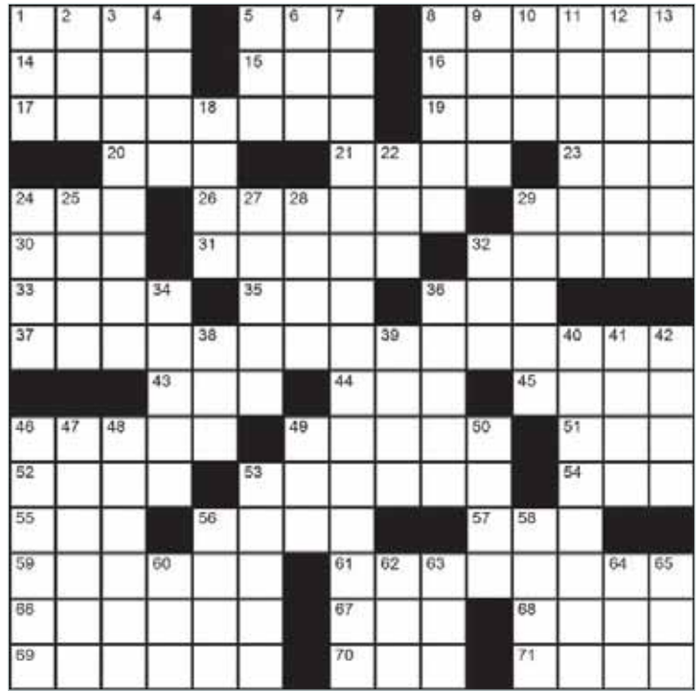
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

### ♓ Pisces
**Feb. 20 - March 20**
You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

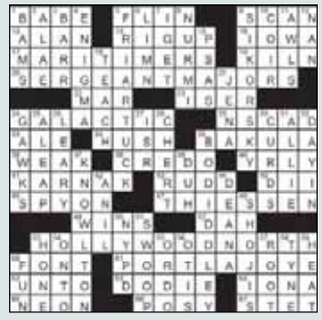
## Crossword: Canada Across and Down by Kelly Ann Buchanan



### Across
1. 1995 Shania Twain album: 'The Woman __ __'
5. Juice: French
8. Royal __ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin __ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout enders, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "__ _ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of __ (War of 1812 finisher)
51. Disney deer
52. Grimace
53. Silk-spinner
54. '_' __ in Xylophone
55. "__ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = __ Black Dress
61. Banff National Park: Valley of the __ __
66. Tchaikovsky's Symphony No. 5 key, _ __
67. Virgo's predecessor
68. Fox musical dramedy
69. Submitted by post: 2 wds.
70. Ums...
71. Hip poetry event

### Down
1. "Eeew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio
6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. __. __. (Provincial representative)
9. Greek Myth: God of love
10. Butter portion
11. For some time
12. Shelly __ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange __ (Tea)
36. Good luck! = __ chance!
38. Napoleonic Wars marshal
39. Linked
40. __ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

### Yesterday's Crossword



### Online
See today's answers at metronews.ca/answers

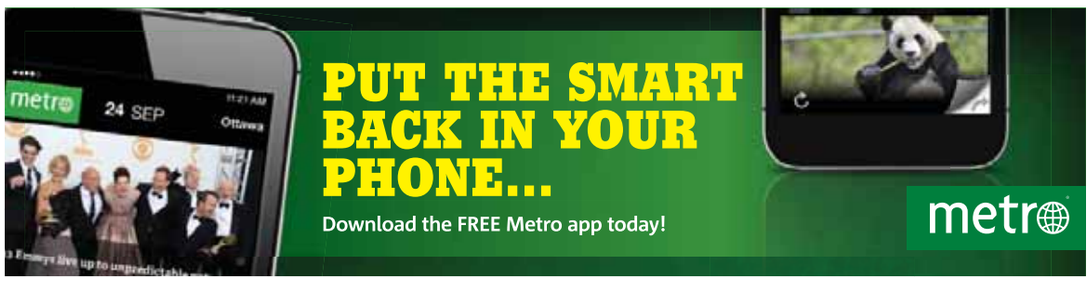
## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 5 | | | | | 9 | |
| 7 | 3 | | | | | | 5 | 6 |
| | | 2 | 8 | | | 7 | 3 | |
| 6 | | | | 8 | 3 | | 2 | |
| | | | | 1 | | | | |
| | 8 | | 9 | 4 | | | | 5 |
| | 9 | 4 | | | 1 | 3 | | |
| 3 | 2 | | | | | | 8 | 9 |
| | 7 | | | | | 1 | | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 6 | 9 | 7 | 3 | 1 | 5 | 4 | 8 |
| 1 | 5 | 4 | 6 | 9 | 8 | 7 | 2 | 3 |
| 8 | 3 | 7 | 5 | 4 | 2 | 6 | 9 | 1 |
| 4 | 2 | 3 | 1 | 5 | 7 | 8 | 6 | 9 |
| 7 | 8 | 1 | 4 | 6 | 9 | 2 | 3 | 5 |
| 6 | 9 | 5 | 8 | 2 | 3 | 4 | 1 | 7 |
| 5 | 1 | 2 | 9 | 7 | 4 | 3 | 8 | 6 |
| 9 | 4 | 6 | 3 | 8 | 5 | 1 | 7 | 2 |
| 3 | 7 | 8 | 2 | 1 | 6 | 9 | 5 | 4 |



*Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790*

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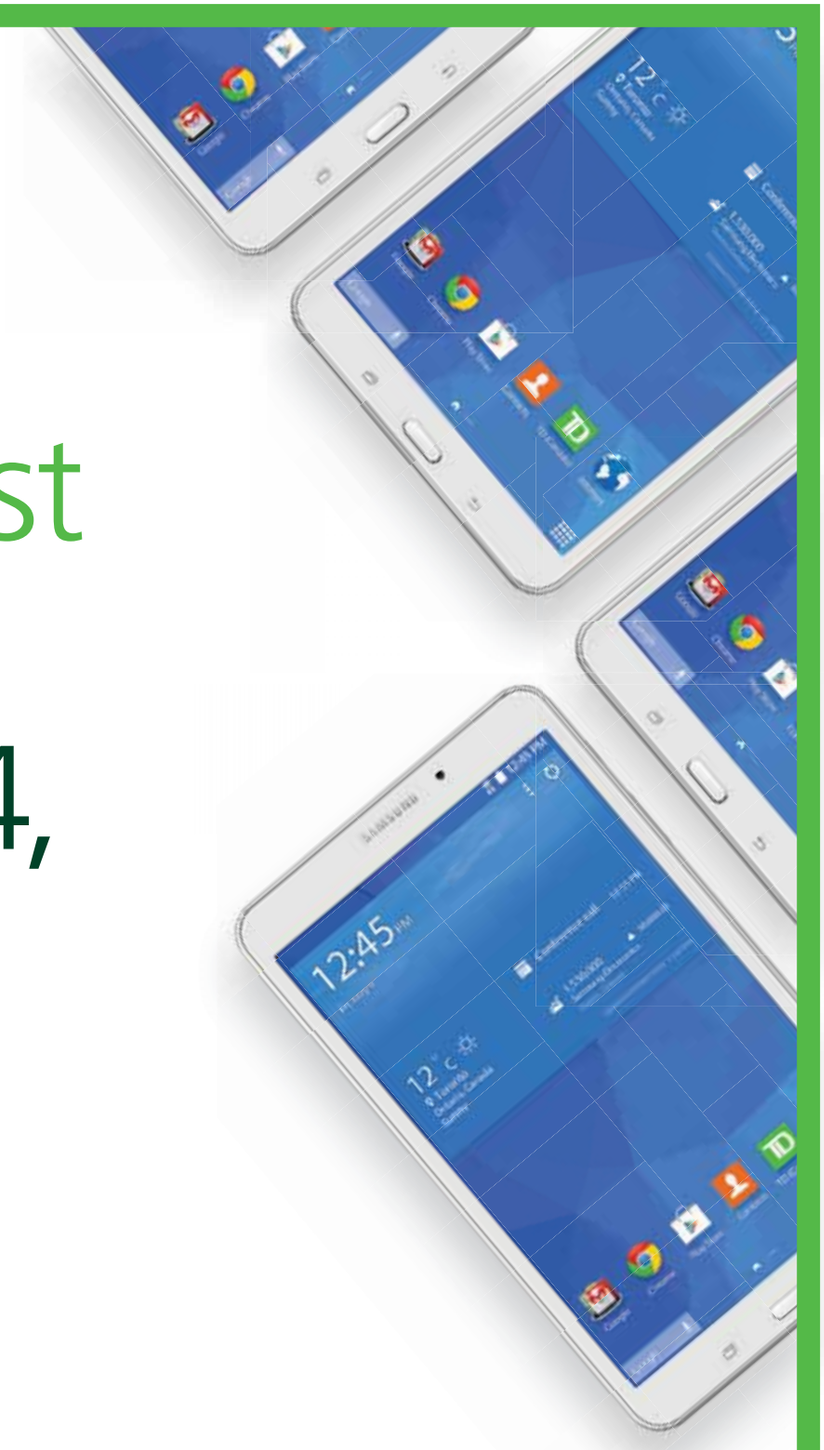


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